



IBLC News

The Newsletter of the Indiana Black Legislative Caucus



January 2006

FOCUS ON:



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Diabetes in the African American Community

- African Americans have a 114% higher Diabetes death rate than whites.
- There are eight specific risk factors for increased rates of disparity when comparing African-Americans mortality and morbidity to whites. Facts include: frequency of medical care; unequal care; hypertension; obesity; geography; diet; income; and education.
- African America men, in particular, consume the lowest amount of fruits and vegetables of any group and consume food high in fat content and rich in sugar.
- Diabetes is a group of diseases described by high levels of blood glucose resulting from defects in insulin secretion, insulin action, or both. This disease can cause serious complications and premature death.
- In 2001, African Americans had a 117% higher diabetes disease death rate than whites. Blacks have a 59% higher diabetes disease death rate than whites in Indiana.
- Smoking, Nutritional Imbalance, Obesity, and Sedentary Lifestyle are all factors of diabetes.
- Fifty percent of African-Americans ages 45-55 weigh more than they should.

Diabetes in Indiana

☒ 358,000 adults have been diagnosed with diabetes in Indiana

☒ 193,000 adults in Indiana have diabetes, but haven't been diagnosed

Diabetes & Individual Health

What do heart disease, stroke, blindness, kidney failure, amputation, and death all have in common? They can all be caused by Diabetes. Diabetes is a group of diseases described by high levels of blood glucose resulting from defects in insulin secretion, insulin action, or both and **can be especially dangerous in the African American population.**

There are three main types of diabetes: Type 1, Type 2, and Gestational Diabetes. Type 1 diabetes develops when the body's immune system destroys the cells in the pancreas that makes the hormone insulin. Type 1 diabetes is usually diagnosed in children and young adults. Type 2 diabetes is a condition when cells cannot use insulin efficiently. Type 2 diabetes is the most common form of diabetes and is generally an adult form of diabetes, but is being diagnosed in children more often. **Type 2 diabetes is more common among African-Americans, Hispanics, Native Americans, and Asian Americans.**



The last form of diabetes is Gestational Diabetes and it usually occurs during pregnancy and usually disappears after pregnancy. Even though Gestational Diabetes usually disappears after pregnancy, it does increase the likelihood by 20 to 50 percent that a person will develop Type 2 diabetes.

Some warning signs of diabetes are: being very thirsty, urinating often, feeling very hungry or tired, losing weight without trying, having sores that heal slowly, having dry or itchy skin, losing the feeling in your feet or having tingling in your feet, or having blurry eyesight.

In Indiana, there are 358,000 diagnosed with diabetes and almost another 200,000 that haven't been diagnosed. For every one white American with diabetes there are 1.6 African Americans with diabetes and one in four African American females over the age of 55 have diabetes. Diabetes is the sixth leading cause of death in Indiana, fifth leading among African American population, and fourth among African American women.

According to Indiana Black Legislative Caucus, there are eight specific risk factors for **increased rates of disparity when comparing African-Americans mortality and morbidity to whites.** Facts include: frequency of medical care; unequal care; hypertension; obesity; geography; diet; income; and education. Even though diabetes is a very dangerous, it can be prevented or delayed.

One of the leading causes of diabetes is when a person is overweight or obese. Moderate physical activity, like walking 30 minutes a day five times a week, and eating more fruits, vegetables, and less fatty foods can reduce your risk of diabetes. If you are overweight, **a five to seven percent weight loss can also greatly reduce your risk of getting diabetes.** African American males, in particular, consume the lowest amount of fruits and vegetables of any group and consume food high in fat content and rich in sugar.

The Burden of Diabetes in Indiana

- Leading cause of blindness, kidney disease, and amputation.
- African Americans and Latinos are more likely to have diabetes, more likely to develop complications, and more likely to die from the disease at an earlier age.
- African American, Native American, and Hispanic adults are more than twice as likely to have diabetes than white adults.



Resources:

<http://www.diabetes.org/type-2-diabetes.jsp>

<http://www.blackhealthcare.com/BHC/Diabetes/Description.asp>